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@LINCOLNRECREATION



Lincoln Recreation



REGISTRATION



Online

You can register for classes, camps, specialty camps and Kids Kamp at www.linconrec.net

You can register for youth sport leagues at www.lincolnyouthsports.com

You can register for adult sport leagues at www.lincolnrecsports.com

Online registration is available 24 hours a day, 7 days a week

Walk-in

You can register at the Recreation Office in the **Community Center:**

2010 First Street Lincoln, CA 95648

Recreation Office Hours and Closures

Office hours: Monday-Friday, 8:30 AM to 4:30 PM (closed daily for lunch from 12:00 PM to 1:00 PM)

The Community Center will be closed on the following dates in 2022:

- New Year's Day, 1/1
- MLK Day, 1/17
 Presidents Day, 2/21
- Memorial Day, 5/30
- 4th of July, 7/4Labor Day, 9/5
- Veterans Day, 11/11 Thanksgiving and Friday following, 11/24 & 11/25
- Closed for Christmas from 12/24/22-1/2/23

Scholarships

Scholarships are available for low income families. To obtain a scholarship, an application and income verification must be submitted. Approval of the scholarship may take up to 2 weeks. For the scholarship application, visit our website or contact the Recreation Department.



@LINCOLNRECREATION



@LYSPORTS



LINCOLN RECREATION



(916) 434-3220

GENERAL INFORMATION

- Payments can be made using cash, check, or credit card.
- Program prices, dates and times are subject to change.
- Class fees will not be prorated for any reason.
- Registration is on a first-come, first-serve basis.
- The City has established non-resident (NR) fees for recreation programs. A nonresident is a person who lives outside of the 95648 zip code.
- All credit/debit transactions are assessed a 3% convenience fee.

REFUND POLICY

Refund Request Forms are available online at www.lincolnrec.net

Community Classes/Camps/Aquatics

- . The City of Lincoln reserves the right to cancel, combine or divide classes; change times, dates or locations of classes; instructors; and/or make any other necessary changes.
- Failure to attend a class or "no shows" will not be granted a refund.
- Refunds are only eligible if a request for cancellation is received by the Recreation Department within a minimum of five (5) business days prior to the first class. If a request is made less than 5 business days to the start of the program then a refund will be determined on a case-by-case basis.
- · Requests for refunds must be in writing and can be submitted via email, mail, or walk-in. Please email refund requests to recreation@lincolnca.gov.
- If the City of Lincoln cancels a program due to low enrollment, a full refund will be
- The online "convenience fee" will only be refunded in the event of a program cancellation.

Adult Sport Leagues

- Requests for refund must be received within twenty-four (24) hours from the close of registration, unless otherwise noted. If a request is submitted after twenty-four (24) hours, a refund will be determined on a case-by-case basis.
- Requests for refunds must be in writing and can be submitted via email, mail, or walk-in. Please email refund requests to recreation@lincolnca.gov.
- If the City of Lincoln cancels a league due to low enrollment, a full refund will be issued. All other refunds will be assessed with a \$20 processing fee.

Youth Sports Leagues

- . Requests for refund must be submitted within seven (7) days of the close of registration, unless otherwise noted. If a request is submitted after seven (7) days, a refund will be determined on a case-by-case basis.
- Requests for refunds must be in writing and can be submitted via email, mail, or walk-in. Please email refund requests to recreation@lincolnca.gov.
- If the City of Lincoln cancels a league due to low enrollment, a full refund will be issued. All other refunds will be assessed with a \$10 processing fee.



The City of Lincoln staff reserves the right to photograph facilities, activities and program participants for potential future use in advertising, brochures and the City's web page. All photos will remain the property of the City of Lincoln.

Every effort is made to ensure that the information printed in the Recreation Guide is accurate; however, programs, dates, prices, or descriptions can unexpectedly change. In the event of a program change, every effort will be made to notify registrants in a timely manner.



AMERICAN RED CROSS LIFEGUARD TRAINING CLASS

This class will teach participants the knowledge and skills needed to prevent and respond to aquatic emergencies. Successful completion of the class also provides the following certifications needed for lifeguards in California: Lifeguarding, CPR/AED for the Professional Rescuer, First Aid for Public Safety Personnel (Title 22), and Bloodborne Pathogens.

Participants must bring a pocket mask and American Red Cross Lifeguard Manual (available online at www.redcross.org).

Ages 15 and up 4/11 to 4/15 • 8:30 AM to 5:00 PM Location: McBean Memorial Pool A022.200 • \$250/\$255NR

AMERICAN RED CROSS LIFEGUARD BLENDED INTENSIVE TRAINING CLASS

This class will teach participants the knowledge and skills needed to prevent and respond to aquatic emergencies. Successful completion of this Blended Intensive Lifeguard Course guarantees your certificate for Lifeguard and First Aid/CPR/AED.

Participants must bring a pocket mask, American Red Cross Lifeguard Manual (available online at www.redcross.org), and proof of online work completion.

Prerequisites:

- · Complete an untimed, continuous 300-yard swim using front crawl and breaststroke.
- Timed 20-yard swim with water start followed by a surface dive (head or feet first) to 10 LB object between 7 to 10 feet before returning to the water surface and swimming back while holding the object on the water surface with both hands, and exit the water in 1 minute & 40 seconds (no goggles).

Ages: 15 and up **Pre-course Evaluations** 4/2 • 9:00 AM to 10:30 AM Meeting 1 4/23 • 8:30 AM to 4:00 PM Meeting 2 4/30 • 8:00 AM to 6:00 PM Meeting 3 5/7 • 8:00 AM to 4:00 PM Location: McBean Memorial Pool

A022.201 • \$200/\$205NR

















KINS KAINP











WHAT IS KIDS KAMP?

Camps keep children engaged, active, and thriving. Kids Kamp's goal is to offer community enrichment and we are committed to providing a fun, safe, age-appropriate program that encourages social development and promotes diverse experiences. Our seasonal program is in unison with Western Placer Unified School District's (WPUSD) breaks. Camp days include but are not limited to art activities, creative play, sports, and games. Our trained counselors are dedicated to providing an uplifting and healthy space for your child.

To learn more about our seasonal camps visit: http://www.lincolnca.gov/city-hall/departments-divisions/parks-and-recreation

Register for Kids Kamp programs by scanning the QR code

MEET OUR NEW CAMP COORDINATOR: COURTNEY BISHOP

After living in sunny Orange County for almost 10 years Courtney moved to Lincoln in August 2020. She is excited to be back in Northern CA and close to both her and her husband's families. Courtney graduated from Chico State with a Bachelor of Science in Recreation Administration with an emphasis in Special Events & Tourism. Passionate about planning memorable experiences Courtney spent her time in Orange County working for a beautiful resort and producing exceptional events. She started her role with the Recreation team in June 2021 and as a local Courtney is very proud to represent the City of Lincoln. She loved her first season with Kids Kamp during Summer Camp and looks forward to creating more special memories for campers and making a positive impact in our community



AGES 5 TO 12



SPRING BREAK CAMP

Monday, April 11-Friday, April 15, 2022

Location: Lincoln Community Center

Spring into Summer Camp mode with our Spring Break Kids Kamp taking place the week leading up to Easter Sunday. In addition to our traditional lively camp format, kiddos will have a chance to play outdoors and have a little fun in the sun for Spring Break.

Registration is projected to open in February 2022.



SUMMER CAMP

JUNE 2022-AUGUST 2022

Summer Kids Kamp is an action-packed 8-week day camp that is sure to keep your kiddos smiling all Summer long! Kids Kamp takes place Monday-Friday from 9:00 AM-3:30 PM with optional pre-care and aftercare services. Campers enjoy creative art activities, wacky science experiments, silly games, and high-energy sports. We are hoping to incorporate weekly field trips back into the schedule again and of course will definitely continue with everyone's favorite... pizza day!

Registration is projected to open in February 2022. Keep an eye out for early bird registration specials!

KIDS KAMP IS HIRING FOR SUMMER CAMP!

Are you interested in a totally fun, silly, and rewarding part-time job for Summer 2022? Do you love working with children and creating special experiences for them? Then Kids Kamp might just be the perfect seasonal job for you! We are hiring counselors ages 16+ and our recruitment process will begin in late February 2022.

Make sure to check the CalOpps website for more information if this sounds like a good fit for you!





YOUTH PROGRAMS

Youth Dance Classes

Expressions Academy of Dance

Expressions Academy of Dance's formula for building self-confidence and giving students a solid foundation to becoming fearless dancers and individuals is one of a kind; come experience it for yourself!



Location: Expressions Dance Academy 780 Sterling Parkway, Suite 30, Lincoln, CA 95648

BALLET

For all of the Ballerinas at heart! Ballet is an amazing teaching tool for discipline and perseverance; it allows dancers to create and achieve goals. In this setting, regardless of age, we focus on technique, heart, terminology, and determination. These classes are perfect for young dancers just starting out or for those building on their skill.

Ages: 6 to 8

Mondays • 3:30 PM to 4:25 PM

DA1.22.300 • 1/10 to 1/24 • \$55/\$60NR DA1.22.301 • 1/31 to 2/21 • \$75/\$80NR DA1.22.302 • 2/28 to 3/21 • \$75/\$80NR DA1.22.303 • 3/28 to 4/25 • \$75/\$80NR

Ages: 9 to 13

Mondays • 4:30 PM to 5:25 PM

DA1.22.308 • 1/10 to 1/24 • \$55/\$60NR DA1.22.309 • 1/31 to 2/21 • \$75/\$80NR DA1.22.310 • 2/28 to 3/21 • \$75/\$80NR DA1.22.311 • 3/28 to 4/25 • \$75/\$80NR



BALLET AND TAP

This class is for the dancer who loves to move! Class begins with ballet; stretching, warm ups, and technique. Shoes are changed halfway through and then it's time to tap! Tap is a great way to learn rhythm and coordination. The ballet and tap combo give students the ability to try two styles within one class to experience both the classics of ballet and the fun of tap!

Ages: 4 to 5

Tuesdays • 6:30 PM to 7:25 PM

DA1.22.400 • 1/11 to 1/25 • \$55/\$60NR DA1.22.401 • 2/1 to 2/22 • \$75/\$80NR DA1.22.402 • 3/1 to 3/22 • \$75/\$80NR DA1.22.402 • 3/1 to 3/22 • \$75/\$80NR DA1.22.403 • 3/29 to 4/26 • \$75/\$80NR



CONTEMPORARY

Breaking the conventional style of dance, contemporary focuses on the freedom of movement. Dancers will focus on connecting their mind and body through fluid dance moves. This allows dancers to explore emotions and use their natural energy to portray personal expression in their technique.

Ages: 9 to 11

Mondays • 6:30 PM to 7:25 PM

DA1.22.600 • 1/10 to 1/24 • \$55/\$60NR DA1.22.601 • 1/31 to 2/21 • \$75/\$80NR DA1.22.602 • 2/28 to 3/21 • \$75/\$80NR DA1.22.603 • 3/28 to 4/25 • \$75/\$80NR

Ages: 12 to 17

Mondays • 5:30 PM to 6:25 PM

DA1.22.604 • 1/10 to 1/24 • \$55/\$65NR DA1.22.605 • 1/31 to 2/21 • \$75/\$80NR DA1.22.606 • 2/28 to 3/21 • \$75/\$80NR DA1.22.607 • 3/28 to 4/25 • \$75/\$80NR

DANCE DISCOVERY - PARENT PARTICIPATION

This class is a magical way for you and your toddler to experience dance and movement together. This class features dance, yoga, rhythm, music, singing, and basic tumbling. It is a great way to introduce the socialization process in preparation for pre-school or day care.

Ages: 2-3

Saturdays • 10:15 AM to 11:00 AM DA1.22.612 • 1/15 to 1/29 • \$50/\$55NR DA1.22.613 • 2/5 to 2/26 • \$65/\$70NR DA1.22.614 • 3/5 to 3/26 • \$65/\$70NR DA1.22.615 • 4/2 to 4/30 • \$65/\$70NR

HIP HOP MINIS

Classes designed for kids who love to move and groove in style! This class teaches hip hop in a fun and age appropriate way. Instructors will get students up and moving in no time with warm ups including jumping jacks, push-ups, and lots of core work to get those hip hop freezes down!

Ages: 4 to 5

Wednesdays • 6:30 PM to 7:15 PM
DA1.22.110 • 1/12 to 1/26 • \$55/\$60NR
DA1.22.111 • 2/2 to 2/23 • \$75/\$80NR
DA1.22.112 • 3/2 to 3/23 • \$75/\$80NR
DA1.22.113 • 3/30 to 4/27 • \$75/\$80NR

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This class is ideal for kids who love to move and dance with pizzazz! This class teaches basic jazz technique through rhythm skills and imagination.

Ages: 6 to 8

Wednesdays • 4:30 PM to 5:25 PM
DA1.22.404 • 1/12 to 1/26 • \$55/\$60NR
DA1.22.405 • 2/2 to 2/23 • \$75/\$80NR
DA1.22.406 • 3/2 to 3/23 • \$75/\$80NR
DA1.22.407 • 3/30 to 4/27 • \$75/\$80NR

Ages: 12 to 16

Mondays • 7:30 PM to 8:25 PM

DA1.22.412 • 1/10 to 1/24 • \$55/\$60NR DA1.22.413 • 1/31 to 2/21• \$75/\$80NR DA1.22.414 • 2/28 to 3/21 • \$75/\$80NR DA1.22.414 • 3/28 to 4/25 • \$75/\$80NR



MUSICAL THEATER

Participants will study the work of actors/singers/dancers and use their knowledge to develop as performers.

Ages: 6 to 17

Thursdays • 4:30 PM to 5:25 PM
DA1.22.608 • 1/13 to 1/27 • \$55/\$60NR
DA1.22.609 • 2/3 to 2/24 • \$75/\$80NR
DA1.22.610 • 3/3 to 3/24 • \$75/\$80NR
DA1.22.611 • 3/31 to 4/28• \$75/\$80NR

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Time to tap! Tap is a great way to learn rhythm and coordination! Each week the students will learn new Tap fundamentals, all the while having fun being creative and imaginative.

Ages: 6 to 8

Ages. 6 to 8
Thursdays • 3:30 PM to 4:25 PM
DA1.22.500 • 1/13 to 1/27 • \$55/\$60NR
DA1.22.501 • 2/3 to 2/24 • \$75/\$80NR
DA1.22.502 • 3/3 to 3/24 • \$75/\$80NR
DA1.22.503 • 3/31 to 4/28 • \$75/\$80NR

ACTORS STAY ACTIVE

This class gives students the opportunity to learn and hone skills from professionally trained teachers as they enter the exciting world of theater performance. Students will spend time in both private and group settings to build skills quickly. Whether you are new to acting and interested in stage/film or a professional with a desire to exercise your skills or prepare an audition, our 45-minute sessions offer everyone the chance to work in front of the camera guided by industry professionals.

Ages: 8 to 17

Tuesdays • 6:45 PM to 7:30 PM

ME1.22.100 • 1/11 to 2/8 • \$85/\$90NR ME1.22.101 • 2/15 to 3/15 • \$85/\$90NR ME1.22.102 • 3/22 to 4/19 • \$85/\$90NR

DRUM LINE

The Drum Line is designed for students of all ability levels and on every drum line instrument. These informative sessions help students develop their musicianship and leadership skills. They are exposed to both musical and visual elements of a high performing drum line and spend time refining those aspects. This class is held bi-weekly.

Ages: 8 to 17

Fridays • 6:45 PM to 7:30 PM

ME1.22.502 • 1/21 to 3/18 • \$85/\$90NR

RUITAR 101

An intimate class that provides an exciting learning environment for guitarists of all abilities. You will learn guitar care, tuning, strumming patterns, chords, single note melody lines, music terminology and many of the skills needed to play your favorite songs. Ability to read music not required.

This class is held bi-weekly.

Ages: 8 to 17

Fridays • 6:45 PM to 7:30 PM

ME1.22.501 • 1/14 to 3/11 • \$85/\$90NR

IMPROV BOOT CAMP

This camp is filled with a combination of skill and play. Your student will learn improv rules and games that will inspire creativity and meaningful characters. Students will discover the who, what, where in an improv scene and collaborate with their peers. Performance level is high energy, creative, and fun!

Monday through Thursday • 9:30 AM to 12:30 PM ME1.22.206 • 4/12 to 4/15 • \$149/\$154NR

IT'S SHOWTIME MUSICAL THEATER CAMP

All levels welcome! There are no auditions required! Ideal for actors and singers who love musical theater, this camp focuses on in the moment acting, vocal production and musical theatre techniques. You will work with experienced faculty, who are also seasoned professional artists, alongside your peers. Students join other campers for performances and activities. A final performance of materials learned throughout the week will be held on the last day of camp.

Ages: 8 to 17

Monday through Thursday • 9:30 AM to 12:30 PM

ME1.22.207 • 4/12 to 4/15 • \$149/\$154NR





YUUTHTPRUHRRIMS Youth Enrichment Classes

Rockstar Music Academy

Rockstar Music Academy's approach to music lessons is different, with many options to help you find your inner Rockstar!

Location: Rockstar Music Academy 801 Sterling Parkway, Lincoln, CA 95648



MUSICAL THEATER MADNESS

Musical Theater Madness is appropriate for all actors and singers who love musical theater! If you aspire to fine-tune your skills in time for your community theater auditions then this is the place for you! With classes focusing on in the moment acting, dance and movement, vocal production and musical theater techniques, you will be well on your way to becoming a triple threat.

Tuesdays • 6:45 PM to 7:30 PM

ME1.22.400 • 1/11 to 2/8 • \$85/\$90NR ME1.22.401 • 2/15 to 3/15 • \$85/\$90NR ME1.22.402 • 3/22 to 4/19 • \$85/\$90NR

SING SING SING

Throughout the class students will sing arrangements of popular music while working on technique, harmonization, and blending with other vocalists. At the end of the class students will feel a greater confidence in their abilities and also may make a few friends along the way. This class is held bi-weekly.

Ages: 8 to 17

Wednesdays • 6:45 PM to 7:30 PM ME1.22.500 • 1/26 to 3/23 • \$85/\$90NR

STUDENT IMPROY COMEDY

Student Improv is fun, funny and funnier! Guided by a safe and collaborative environment, students will be able to work on their comedic voices by learning the rules of improv and experiencing silly industry exercises.

Wednesdays • 6:00 PM to 7:00 PM ME1.22.600 • 1/12 to 2/9 • \$85/\$90NR ME1.22.601 • 2/16 to 3/16 • \$85/\$90NR ME1.22.602 • 3/23 to 4/20 • \$85/\$90NR

THE SPRING FLING DRUM CAMP

The Ultimate Drum Camp is a fun, intensive week of drumming and percussion for drummers of all levels. In a group setting we will explore a variety of core styles such as rock, blues, jazz, Latin and swing rhythms. Everyone is a STAR with our camp ending JAM SESSIONS!

Monday through Thursday • 9:30 AM to 12:30 PM ME1.22.208 • 4/12 to 4/15 • \$149/\$154NR



YOUTH PROGRAMS Youth Enrichment Classes

Pokémon Club

Welcome all Pokémon Trainers and fans! At Professor Zay's Pokémon Club members can trade cards, learn about the Pokémon universe, participate in official league matches, win prizes and cards, and hang out with friends. Each week includes a new topic to learn and fun, interactive activities!



Location: Lincoln Community Center

Ages: 5 to 13 Saturdays • 1:00 PM to 3:00 PM EN1.22.101 • 1/15 to 2/26 • \$150/\$155NR



NEW eSports from GGLeagues

GGLeagues is the premier platform for recreational eSports players and communities. Their mission is bringing people together through gaming and giving opportunities to compete in something that they love, regardless of skill level. GGLeagues motto is "we are here to empower you because we are all good gamers, but we are even better people."

Winter registration: 1/17 | Spring Registration: 4/13 League dates: Winter and Spring seasons

\$40

Divisions: Youth - 8 to 12 | Teen - 13 to 18 | Adult - 18 and up Games: Fortnite, Super Smash Bros, Mario Cart Deluxe, Rocket League and Madden 21

Platforms: Xbox, PlayStation and Nintendo Switch







Scan the QR code or visit https://app.ggleagues.com/clubs/city-of-lincoln-recreation to register.

Paint 'N Create

Young artists will enjoy a paint-party art lesson including a sweet snack while socializing. Create the perfect masterpiece or gift for someone special while having a good time painting away. Paint along with the instructor during 1.5 hours of creative fun. No experience needed!



Location: Art League of Lincoln 580 6th Street, Lincoln CA 95648

PAINT 'N CREATE - COLORFUL FOREST

Ages: 6 to 12

Saturday • 12:00 PM to 1:30 PM EN1.22.200 • 1/22 • \$40/\$45NR

PAINT 'N CREATE - RAINBOW HEARTS

Ages: 6 to 12

Saturday • 12:00 PM to 1:30 PM EN1.22.201 • 2/12 • \$40/\$45NR

PAINT 'N CREATE - DRAGONFLIES

Ages: 6 to 12

Saturday • 12:00 PM to 1:30 PM EN1.22.202 • 3/12 • \$40/\$45NR

PAINT 'N CREATE - UNDER THE SEA

Ages: 6 to 12 Saturday • 12:00 PM to 1:30 PM EN1.22.203 • 4/23 • \$40/\$45NR



ONLINE DRIVERS EDUCATION COURSE

Economic Driving School Ages 15 and up

Economic Driving School

This state required Online Drivers Education Course is approved by the California Department of Motor Vehicles. Reading, flash graphics, videos, quizzes, and practice tests will prepare the student to pass the permit test at the Department of Motor Vehicles.

The course is very easy to use! Simply log into the website, enroll, and you can begin learning and achieving your goals immediately.

For more information about the course and to register go to https://www.economicdrivingschool.com/online/ or scan the QR code.

Instructions to register:

- 1. Under "how did you hear about us?" enter the code "3223"
- 2. To receive 40% off the course enter the promo code "1978"

The cost of the course is \$68.50, however, with the above discount it comes to \$41.10!





Youth Sports Classes

Kuk Sool Won

Develop strength, quickness, balance, flexibility and coordination as well as improve your powers of concentration, self-discipline and self-confidence with the traditional martial art form of Korea, Kuk Sool Won.



Startup fee for NEW PARTICIPANTS \$100 which includes uniform, LKSW tee-shirt, belt instruction handout plus CD & WKSA membership. Instructor will coordinate.

Location: Lincoln Community Center

TURTLE TUTS

Introduce your child to the high energy environment of martial arts in this class for boys and girls. Turtle Tots is designed to help improve a child's balance, flexibility, coordination, self-confidence, respect and self-discipline.

Turtle Tots 1 Ages: 3 to 6

Tuesdays • 5:30 PM to 6:00 PM

YF1.22.322 • 1/4 to 2/8 • \$72/\$77NR YF1.22.324 • 2/15 to 3/22 • \$72/\$77NR

YF1.22.326 • 3/29 to 5/10 • \$72/\$77NR

Turtle Tots 2 Ages: 3 to 6

Thursdays • 5:30 PM to 6:00 PM

YF1.22.323 • 1/6 to 2/10 • \$72/\$77NR YF1.22.325 • 2/17 to 3/24 • \$72/\$77NR

YF1.22.327 • 3/31 to 5/12 • \$72/\$77NR



DRAGONS

Dragons is for children 5-6 who have attended several Tots sessions but still may not be ready for Juniors. Dragons is designed for fun and to help improve your child's balance, flexibility, coordination, self-confidence, respect and instructions and working with others in a team setting. Uniforms are optional.

Ages: 5 to 6

Wednesdays • 5:15 PM to 6:00 PM YF1.22.330 • 1/5 to 2/9 • \$90/\$95NR YF1.22.331 • 2/16 to 3/23 • \$90/\$95NR YF1.22.332 • 3/30 to 5/11 • \$90/\$95NR

JUNIORS 1

Develop strength, quickness, balance, flexibility and coordination as well as improve your powers of concentration, self-discipline and self-confidence with the traditional martial art form of Korea, Kuk Sool Won.

Ages: 6 to 12

Mondays and Wednesdays • 6:00 PM to 7:00 PM

YF1.22.316 • 1/3 to 2/9 • \$110/\$115NR YF1.22.317 • 2/14 to 3/23 • \$110/\$115NR YF1.22.318 • 3/28 to 5/11 • \$110/\$115NR

JUNIORS 2

Develop strength, quickness, balance, flexibility and coordination as well as improve your powers of concentration, self-discipline and self-confidence with the traditional martial art form of Korea, Kuk Sool Won. This class is a step up from Juniors 1.

Ages: 6 to 12

Tuesdays and Thursdays 6:00 PM to 7:00 PM YF1.22.313 • 1/4 to 2/10 • \$110/\$115NR YF1.22.314 • 2/15 to 3/24 • \$110/\$115NR YF1.22.315 • 3/29 to 5/12 • \$110/\$115NR



YOUTH PROGRAMS

ADVANCED BLACK BELT

This class requires that you have either achieved a First-Degree Black Belt or be at least half way through the testing process. In this class students will learn advanced techniques, forms that are in preparation for second degree as well as many forms that have been handed down to students over the years. This class will also focus on weapons such as archery, sword, staff, short staff, throwing knives and much more.

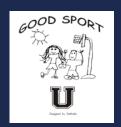
Ages: 10 and up

Wednesdays • 7:00 PM to 8:00 PM YF1.22.319 • 1/5 to 2/9 • \$110/\$115NR YF1.22.320 • 2/16 to 3/23 • \$110/\$115NR YF1.22.321 • 3/30 to 5/11 • \$110/\$115NR

Good Sport U - Hoop Improvement for Kids

This youth basketball program will provide your young player the opportunity to learn about basketball in a fun and positive environment. Some parental play is requested in this program. Each day features easy to learn instruction along with enjoyable games and contests that will enhance development and love of the game. Coach Rick Bauer is the Director of Good Sport U.

Location: McBean Park



Ages: 5 to 8

Mondays • 4:30 PM to 5:20 PM

YF1.22.120 • 3/7 to 3/28 • \$65/\$70NR

YF1.22.121 • 4/4 to 5/2 • \$65/\$70NR *No class 4/11*

Ages: 9 to 12

Mondays • 5:30 PM to 6:20 PM

YF1.22.220 • 3/7 to 3/28 • \$65/\$70NR

YF1.22.221 • 4/4 to 5/2 • \$65/\$70NR *No class 4/11*

Tennis

The objective of the game of tennis is to maneuver the ball in such a way that your opponent is not able to play a valid return. Join Coach Peter for lessons that are sure to improve your strokes, footwork, and overall knowledge of the game. In addition to expanding skills, players will improve movement, mechanics, and fundamentals.

Location: Jimenez Park



TENNIS - LITTLE STEPS

A tennis program for boys and girls aimed at developing basic skills and sportsmanship with an emphasis on fun and games.

Ages: 5 to 7

Thursdays • 3:30 PM to 4:00 PM YF1.22.135 • 3/17 to 4/7 • \$35/\$40NR

TENNIS - PRE-ACADEMY I

A weekly tennis class for pre-teen boys and girls geared towards building solid fundamental tennis skills in a fun environment.

Ages: 8 to 12

Thursdays • 4:00 PM to 5:00 PM YF1.22.137 • 3/17 to 4/7 • \$60/\$65NR

TENNIS - PRE-ACADEMY II

A weekly tennis class for pre-teen boys and girls geared towards building solid fundamental tennis skills in a fun environment.

Ages: 12 to 16

Thursdays • 5:00 PM to 6:00 PM YF1.22.139 • 3/17 to 4/7 • \$60/\$65NR

YOUTHPROKRIMS

Youth Sports Chasses Futsal factory and vision soccer

Join Futsal Factory and Vision Soccer for action packed classes, designed to help players learn and develop all of the key skills required to be a successful Futsal and soccer player. **Location: Various**







FUTSAL - KINDER KICKERS

Futsal Factory's curriculum uses fun games and activities to introduce soccer concepts and team sports. Kinder participants will use their hands and their feet to learn these concepts. As this is an introduction to the sport, there are no special skills, knowledge or equipment

Ages: 3 to 5 Saturdays • 1:00 PM to 1:45 PM Location: McBean Park YF1.22.106 • 1/22 to 2/12 • \$65/\$70NR Location: Lincoln Community Center YF1.22.116 • 3/12 to 4/2 • \$65/\$70NR

FUTSAL - JUNIORS

The Juniors program uses activities to introduce and refine core soccer skills. More attention is focused on skill development and precision than in the Kinder Kickers program. While still considered an introductory session to soccer, no special skills or knowledge are needed.

Ages: 6 to 7

Saturdays • 1:50 PM to 2:35 PM Location: McBean Park

YF1.22.109 • 1/22 to 2/12• \$65/\$70NR **Location: Lincoln Community Center** YF1.22.117 • 3/12 to 4/2• \$65/\$70NR

SUCCER - KINDER KICKERS

Vision Soccer's curriculum uses fun games and activities to broadly introduce soccer concepts and team sports and teach core soccer skills. Kinder participants will use their hands as well as their feet to learn these concepts. As this is an introduction to the sport, there is no special skills, knowledge or equipment needed.

Ages: 3 to 5

Mondays • 5:00 PM to 5:45 PM Location: Foskett Regional Park YF1.22.600 • 3/7 to 3/28 • \$65/\$70NR YF1.22.601 • 4/18 to 5/9 • \$65/\$70NR

SUCCER - JUNIORS

The Juniors curriculum uses fun games and activities to introduce and refine core soccer skills, but more attention is focused on skill development and precision. These programs are high-energy and encourage your child to challenge themselves to improve their foundational skills. While still considered an introductory session to soccer, no special skills or knowledge are needed.

Mondays • 5:50 PM to 6:35 PM Location: Foskett Regional Park YF1.22.602 • 3/7 to 3/28 • \$65/\$70NR YF1.22.603 • 4/18 to 5/9 • \$65/\$70NR

FUTSAL - CADETS

Focus is primarily on skill development and execution and incorporates fun challenges and multi-skill combinations to challenge players. Students work through a series of exercises that introduce basic to advanced 1v1 foot skills. Focus is also given to increasing proficiency in core skills and correcting bad habits. This program is intended for all players from new to soccer to competitive level-players.

Futsal - Cadets I Ages: 8 to 10

Saturdays • 2:40 PM to 3:30 PM

Location: McBean Park

YF1.22.111 • 1/22 to 2/12 • \$69/\$74NR **Location: Lincoln Community Center** YF1.22.114 • 3/12 to 4/2 • \$69/\$74NR

Futsal - Cadets II Ages: 11 to 13

Saturdays • 3:35 PM to 4:25 PM

Location: McBean Park

YF1.22.113 • 1/22 to 2/12 • \$69/\$74NR Location: Lincoln Community Center YF1.22.115 • 3/12 to 4/2 • \$69/\$74NR



SOCCER - CADETS

Skill development and execution are the main focus of Cadets. The curriculum incorporates fun challenges and multi-skill combinations to continually challenge players as they work through a series of exercises that introduce basic to advanced 1v1 foot skills. Focus is also given to increasing proficiency in core skills and correcting bad habits. This program is intended for all players, from new to soccer to competitive level-players.

Soccer - Cadets I Ages: 8 to 10

Mondays • 6:40 PM to 7:30 PM Location: Foskett Regional Park YF1.22.604 • 3/7 to 3/28 • \$73/\$78NR YF1.22.605 • 4/18 to 5/9 • \$73/\$78NR

Soccer - Cadets II Ages: 11 to 13

Mondays • 7:40 PM to 8:30 PM Location: Foskett Regional Park YF1.22.606 • 3/7 to 3/28 • \$73/\$78NR YF1.22.607 • 4/18 to 5/9 • \$73/\$78NR





National Academy of Athletics (NAofA)



If your child loves sports, they will love these programs! National Academy of Athletics' experienced, positive, and passionate coaches will help your child become better, more inspired athletes while falling in love with sports. In doing so they will have a great time as they gain new skills and make new friends. The goal is that your child will come home happy and tired! Don't wait, sign up today!

Location: Various

ALL SORTS OF SPORTS

Whether your child is a beginner or more advanced, this multi-sport camp is the perfect place for kids to be introduced to the world of sports, teamwork and athletics! Games play may include: baseball, basketball, dodge ball, soccer, flag football, capture the flag, ultimate frisbee, relay and obstacle races, and a whole lot more.

Ages: 4 to 6

Saturdays • 9:00 AM to 10:00 AM

Location: McBean Park

YF1.22.200 • 3/5 to 3/26 • \$58/\$63NR YF1.22.201 • 4/23 to 5/14 • \$58/\$63NR

HIT AND RUN T-BALL

This class offers children an active, fun, and educational experience tailored to the abilities of their age group. Coaches will help them learn how to catch, hit using the "Flex Hit" tool, run bases, and field grounders. Individual and team-building challenges along with structured simple activities and small sided competitions will help to develop and engage your young athlete.

Ages: 4 to 6

Saturdays • 10:15 AM to 11:15 AM

Location: McBean Park

YF1.22.203 • 3/5 to 3/26 • \$58/\$63NR YF1.22.204 • 4/23 to 5/14 • \$58/\$63NR

JUNIOR HOOPS BASKETBALL IMPROVEMENT

This program is designed for kids to learn the basic concepts of basketball. NAofA's knowledgeable staff guides the children through a series of rhythm, speed, balance/coordination skills, and drills. This program focuses on basic fundamentals with a creative twist to assist children in better understanding concepts of the game. Parent participation is highly encouraged for the Little Shots program, but not required

Junior Hoops Basketball Improvement - Little Shots

Ages: 3 to 4

Sundays • 9:00 AM to 9:50 AM Location: Nathan Dubin Park

YF1.22.205 • 3/6 to 3/27 • \$58/\$63NR YF1.22.206 • 4/24 to 5/15 • \$58/\$63NR

Junior Hoops Basketball Improvement - Hot Shots

Ages: 5 to 6

Sundays • 10:00 AM to 10:50 AM Location: Nathan Dubin Park YF1.22.207 • 3/6 to 3/27 • \$58/\$63NR YF1.22.208 • 4/24 to 5/15 • \$58/\$63NR



YOUTHPROGRAMS

Youth Sports Classes

SPRING BREAK ALL SORTS OF SPORTS JR. ACADEMY

This Spring Break program offers children an active, fun, and educational experience tailored to the abilities of their age group. Your child will have a blast learning motor skills and coordination while playing assorted games with their teammates. Individual and team-building challenges along with structured simple activities and small sided competitions will help to develop and engage your young

Ages: 4 to 6 Monday through Friday • 9:00 AM to 12:00 PM Location: Nathan Dubin Park YF1.22.209 • 4/11 to 4/15 • \$205/\$210NR

IN THE NET SOCCER

NAofA's 'In the Net Soccer Club' is packed with fun. Whether your child is a beginner or more advanced, the drills taught in this class will help them fall in love with the game. Our soccer classes and clinics are the perfect place to learn about the game and experience a taste of fitness while having a blast and making new friends.

In the Net Soccer - Tot Club Ages: 2 to 3 Location: Peter Singer Park Fridays • 9:00 AM to 9:50 AM YF1.22.210 • 3/4 to 3/25 • \$58/\$63NR YF1.22.211 • 4/22 to 5/13 • \$58/\$63NR

In the Net Soccer - Jr. Club Ages: 4 to 5 **Location: Peter Singer Park** Fridays • 10:00 AM to 10:50 AM YF1.22.212 · 3/4 to 3/25 · \$58/\$63NR YF1.22.213 • 4/22 to 5/13 • \$58/\$63NR





REGISTER

Register today by scanning the QR code or visiting www.lincolnrec.net.

Register in person at the **Community Center, located** at 2010 First Street, Lincoln CA 95648.



ADULT PROGRAMS

Tennis

The objective of the game of tennis is to maneuver the ball in such a way that your opponent is not able to play a valid return. Join Coach Peter for lessons that are sure to improve your strokes, footwork, and overall knowledge of the game. In addition to expanding skills, players will improve movement, mechanics, and fundamentals.



Location: Jimenez Park

TENNIS ADULT - BEGINNER

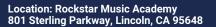
A course for adults who would like to learn to play tennis. Forehands, backhands, serves, volleys and specialty shots will be covered in addition to the rules of the game and proper tennis etiquette.

Ages: 16 and up

Thursdays • 6:00 PM to 7:00 PM AF1.22.110 • 3/17 to 4/7 • \$60/\$65NR

Rockstar Music Academy

Rockstar Music Academy's approach to music lessons is different, with many options to help you find your inner Rockstar!





ADULT IMPROV COMEDY

Guided in a safe and collaborative environment, students will work on their comedic voices by learning the rules of improv and crazy fun industry exercises.

Ages: 18 and up

Wednesdays • 7:00 PM to 8:00 PM AE1.22.600 • 1/12 to 2/9 • \$85/\$90NR AE1.22.601 • 2/16 to 3/16 • \$85/\$90NR AE1.22.602 • 3/23 to 4/20 • \$85/\$90NR

Kuk Sool Won

Develop strength, quickness, balance, flexibility and coordination as well as improve your powers of concentration, self-discipline and self-confidence with the traditional martial art form of Korea, Kuk



Startup fee for NEW PARTICIPANTS \$100 which includes uniform, LKSW tee-shirt, belt instruction handout plus CD & WKSA membership. Instructor will coordinate.

Location: Lincoln Community Center

KUK SOOL WON - ADULTS

Kuk Sool Won, a traditional Korean Martial Art, can benefit anyone. In this adult program you will develop strength, quickness, balance, timing, flexibility and coordination while improving your concentration, self-discipline and self-control.

Ages: 13 and up

Tuesdays and Thursdays • 7:00 PM to 8:00 PM AF1.22.500 • 1/4 to 2/10 • \$110/\$115NR AF1.22.501 • 2/15 to 3/24 • \$110/\$115NR AF1.22.502 • 3/29 to 5/12 • \$110/\$115NR

PRACTICAL SELF DEFENSE FOR WOMEN

This class is for women only. No special strength or knowledge of martial arts or fighting is needed for proper self-defense. Class begins with awareness and prevention then move on to the essentials of hand to hand defense training including defending from the ground and defense against weapons. This class helps to provide general tips on how to avoid and handle dangerous situations.

Ages: 15 to 99, Females Friday • 6:00 PM to 8:00 PM AE.22.100 • 1/28 • \$10/\$15NR AE.22.101 • 3/11 • \$10/\$15NR AE.22.102 • 4/29 • \$10/\$15NR



ADULT SOFTBALL

Women's

Start: March 14 Mondays Early Team Fee: \$475 Regular Team Fee: \$500 Late Team Fee: \$525

Location: Foskett Regional Park

Co-eil

Start: March 15 Tuesdays Early Team Fee: \$475 Regular Team Fee: \$500 Late Team Fee: \$525

Location: Foskett Regional Park

Men's

Start: March 17 Thursdays Early Team Fee: \$475 Regular Team Fee: \$500 Late Team Fee: \$525

ADULT LEAGUES

Location: Foskett Regional Park

Registration:

Early registration: 1/10 to 1/31 | Regular registration: 2/1 to 2/28 | Late registration: 3/1 to 3/7

FREE AGENT REGISTRATION

New to Lincoln or short players for your own team? Take advantage of our Free Agent program. Those looking for a team may sign up as a free agent to be added to our free agent list. The free agent list with your name and contact information will be distributed to all team captains prior to the start of the season and is available throughout the year as a download on our league website. Those looking for players to fill their team roster may use the free agent list as a recruiting tool at any time.

FREE AGENT registration is only taken online on our league website www.LincolnRecSports.com



3-ON-3 BASKETBALL AND DROP-IN BASKETBALL!

Keep an eye out for our new programs! 3-on-3 basketball and drop-in basketball will be coming to the Lincoln Community Center soon.





YOUTH LEAGUES Lineoln Youth Sports





LINCOLN YOUTH FLAG FOOTBALL

Friday nights under the lights! Lincoln Recreation is thrilled to host another season of Lincoln Youth Flag Football for all boys and girls in 1st-8th grade. LYFF is a non-contact, 5 on 5 league with practices twice a week and games scheduled for Friday nights under the lights. The Spring season will feature a player combine followed by a player draft for 3rd-8th grade divisions. First and second grade teams will be randomly assigned. Come out and join us for this exciting new Flag Football experience!

REGISTRATION

Early Registration: 12/6 to 1/9 - \$110.00 | Regular Registration: 1/10 to 2/20 - \$120.00 | Late Registration: 2/21 to 2/27 - \$130.00

FVAIIIATIONS Sunday. March 6th at Foskett Regional Park

3rd & 4th graders (12:30-2:00 PM) | 5th & 6th graders (2:15-3:30 PM) | 7th & 8th graders (3:45-4:30 PM)

Practices will begin the week of March 14th and games will begin on Friday, March 25th

Discounts available for volunteer head coaches



LINCOLN YOUTH VOLLEYBALL

The Lincoln Youth Volleyball league is for all 3rd-8th grade girls and boys of all experience levels! Participants will develop key fundamental skills, teambuilding and encouragement to participate in volleyball for years to come. Come play in this fast-paced 8 game program with weekly practices and scheduled matches on Sunday afternoons.

REGISTRATION

Early Registration: 12/6 to 1/9 - \$105.00 | Regular Registration: 1/10 to 2/20 - \$115.00 | Late Registration: 2/21 to 2/27 - \$125.00

EVALUATIONS Lincoln Community Center

3rd & 4th graders - Monday, 2/28 at 5:30 PM | 5th & 6th graders - Tuesday, 3/1 at 5:30 PM | 7th & 8th graders - Wednesday, 3/2 at 5:30 PM

Practices will begin the week of March 7th and games will begin on Sunday, March 20th

Discounts available for volunteer head coaches



SPRING BREAK SPEED & AGILITY CLINIC

Players will learn and practice key fundamental and advanced skills including technique, form, plyometric and various skills while incorporating this training into competitions and drills. This is a great class for players looking to have fun, get better, and take your game to the next level. Instructors include Lincoln High School Track and Field athletes and coaches.

REGISTRATION 12/6 to 4/8 - \$60.00

CLINIC Lincoln High School

Monday, 4/11 through Wednesday, 4/13 10:30 AM to 12:30 PM Grades 3rd through 8th

Register online at www.lincolnyouthsports.com



FACILITY RENTALS

McBean Pavilion

65 McBean Park Drive, Lincoln CA 95648

McBean Pavilion is the perfect rental space to host your next celebration, party or event. This remodeled 6,720 square foot facility can accommodate up to 350 people. The Pavilion is ideal for weddings and parties with its kitchen, one dry and one wet bar, and built-in stage. This venue also includes a private, gated courtyard with an attached barbeque.

To reserve the McBean Pavilion:

Call the Recreation Department at 916-434-3220 to first see if your desired date is available. If your date is available you will have 14 days to submit your rental application and damage/cleaning deposit.

For more information, pricing and to download an application, scan the QR code or visit: http://www.lincolnca.gov/city-hall/departments-divisions/parks-recreation/facilities









COVERED PICNIC AREA RENTALS

Looking for a shady area to gather and eat? The City of Lincoln has many covered picnic areas within our parks. In most parks they are claimed on a first come, first served basis; however, there are two parks where you can reserve your spot under one of our covered picnic areas.

Parks with rentable picnic areas:

- Markham Park
- Nathan Dubin Park

To reserve a Covered Picnic Area:

Call the Recreation Department at 916-434-3220 to first see if your desired date is available. If your date is available an application will be sent to you. Review, complete and submit the application and necessary fees.









BOUNCE HOUSE PERMITS

Want to add a bounce house to your party or event at one of Lincoln's parks? Don't forget to get your permit! Secure your bounce house rental with a City of Lincoln approved vendor. If you have a company in mind who is not on our list, they will need to become an approved vendor before a permit is issued.

Call the Recreation Department at 916-434-3220 to first see if your desired date is available. If your date is available an application will be sent to you. Review, complete and submit the application and necessary fees.

Bounce houses are permitted at the following parks:

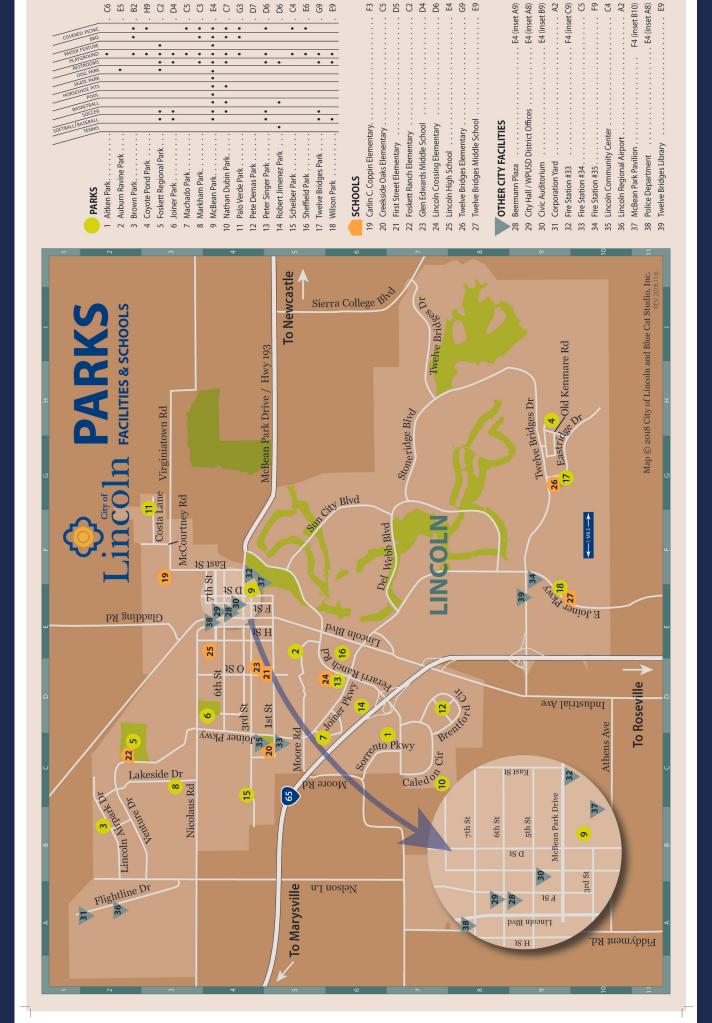
Brown Park | Foskett Regional Park | Joiner Park Machado Park | Markham Park | McBean Park Nathan Dubin Park | Palo Verde Park Pete Demas Park | Peter Singer Park Scheiber Park | Sheffield Park | Twelve Bridges Park











D5 2 4 8

F3 5

E4 G9 E9

LIBRARY

TWELVE BRIDGES LIBRARY

FAMILY STORYTIME

Join us for our Family Storytime, a fun half hour of books, rhymes, and songs. All ages are welcome to this event and we have special tips and techniques for building reading skills at home shared throughout the program. Everyone - parents included - is sure to have a good time and learn something new.

Age: All ages welcome!

When: Wednesdays • 3:30-4:00 PM

Where: Twelve Bridges Library - Kid's Area



485 Twelve Bridges Drive (916) 434-2410

For current hours, programs, and events, please check the Library's website, Instagram, or Facebook page:



www.libraryatlincoln.org



@libatlincoln



Library at Lincoln



library@lincolnca.gov

Our digital branch is always open! Our e-books and online databases are available to you 24/7!



CONVERSATION CLUB

The Conversation Club is a fun, relaxed place for adults learning English to practice their speaking skills! Participants will learn about American culture, get to know the community, and meet people from other cultures and backgrounds.

For more info on any of our adult programs, please feel free to stop by the library or check out our website.

When: Wednesdays • 12:00-1:30 PM Twelve Bridges Library - Fir Room

ONLINE LEARNING: RESEARCH HELP AND EBOOKS

The internet is full of information, and easily tracking down what we need in our daily lives can be overwhelming. But the Lincoln Public Library has you covered! Our library now has a variety of new online resources that are easily accessed from your home with just a click and a library card, thanks to the California State Library. Find this database, and many others, including research tools dealing with health, legal matters, small business help, learning different languages, and auto repair, under Online Resources on our website, www.LibraryAtLincoln.org. We also have several resources for eBooks and eAudiobooks, including Libby and Hoopla! And, in addition to eBooks, Hoopla also provides our patrons access to movies, TV episodes, music, and comics! You will need your library card number to use these services.

Explore everything your library card gives you!



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something new 24/7. Digital resources are ready when you are.

ENTERTAIN

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Sign up online today:





Q & A with the Recreation Squad!

MEET THE TEAM!

Doug Brown

Q: Title/Program Area A: Recreation Manager

Q: How long have you been employed with **Lincoln Recreation?** A: 20 years

Q: What is your favorite thing about Lincoln? A: Despite Lincoln's growth, I love how it maintains a small town feel.

Dan Friese

A: Recreation Supervisor - Youth and Adult Sports

Q: How long have you been employed with Lincoln Recreation?

A: 6 years

Q: What is your favorite thing about Lincoln? A: I love the great people that make up our community.

Denise Watry

Q: Title/Program Area A: Recreation Coordinator - Special Events, Specialty Camps & Classes, Love Lincoln

Q: How long have you been employed with **Lincoln Recreation?** A: 3 years

Q: What is your favorite thing about Lincoln? A: My favorite thing about Lincoln is the small town love it gets from our residents.

Courtney Bishop

Q: Title/Program Area

A: Recreation Coordinator - Kids Kamp

Q: How long have you been employed with **Lincoln Recreation?** A: 6 months

Q: What is your favorite thing about Lincoln? A: I love the beautiful walking trails and parks!

A: Office Assistant

Q: How long have you been employed with **Lincoln Recreation?** A: 4 months

Q: What is your favorite thing about Lincoln? A: I love Downtown Lincoln and all of the events that bring the community together.











LOVE LINCOLN

City of Lincoln Recreation

Winter Crafters A-Fair

Saturday February 12th 12pm -6pm MCBEAN PAVILION

